

September Lunch K-5

Salad Bar

Monday

Tuesday

Wednesday

Thursday

Friday

**No School
Labor Day**

BBQ Chicken with Cheesy Rice
BBQ Tofu with Cheesy Rice (VG)
Salad Bar with Carrots,
Romaine, Broccoli, Kidney
Beans and Cherry Tomatoes
Fresh Local Nectarine

1

2

Spaghetti and Meatballs (DF)
Spaghetti Marinara with
Parmesan (VG)
Local Sweet Potatoes
Fresh Banana

3

Grilled Chicken Sandwich (DF)
Cheese Pizza (VG)
Salad Bar with Carrots,
Romaine, Broccoli and
Cucumber
Fresh Local Peach

4

Blackened Tilapia with Dirty
Rice (DF)
Pasta Alfredo (VG)
Local Corn
Fresh Pear

5

Buffalo Chicken Sandwich
Sesame Tofu Wrap (VG)
Local Corn
Fresh Apple

8

Chicken Fajita Burrito
Cheese Lasagna (VG)
Salad Bar with Carrots,
Romaine, Corn and Cherry
Tomatoes
Fresh Local Nectarine

9

Chicken Teriyaki with Brown
Rice (DF)
Tofu Teriyaki with Brown Rice
(VG)
Local Braised Greens
Fresh Banana

10

Chicken Mole Rojo (DF)
Cheese Sandwich (VG)
Salad Bar with Carrots,
Romaine, Broccoli, Kidney
Beans and Cherry Tomatoes
Fresh Local Peach

11

All Natural Hot Dog (DF)
Veggie Chili (VG)
Local Green Beans
Fresh Pear

12

Bean and Cheese Quesadilla
(VG)
Chicken Ranch Wrap
Local Sweet Potatoes
Fresh Pineapple

15

Macaroni and Cheese with Mini
Dogs
Spaghetti Marinara (VG)
Salad Bar with Carrots,
Romaine, Broccoli and
Cucumber
Fresh Pear

16

Herbed Tilapia with Brown Rice
(DF)
Cheese Enchiladas (VG)
Local Corn
Fresh Banana

17

Chicken Taco Trio
Veggie Chef's Salad (VG)
Salad Bar with Carrots,
Romaine, Broccoli, Kidney
Beans and Cherry Tomatoes
Fresh Local Apple

18

All Natural Cheeseburger
Cheese Pizza (VG)
Local Green Beans
Fresh Orange

19

Breakfast for Lunch: Pancakes
w/ Sausage
Cheese Lasagna (VG)
Local Corn
Fresh Pineapple

22

BBQ Chicken Sandwich
Veggie Sloppy Joe (VG)
Salad Bar with Carrots,
Romaine, Broccoli, Kidney
Beans and Cherry Tomatoes
Fresh Pear

23

Cheesy Chicken Quesadilla
Egg Salad Sandwich (VG) (DF)
Local Green Beans
Fresh Banana

24

Sausage Pizza
Veggie Taco Salad (VG)
Salad Bar with Carrots,
Romaine, Broccoli and
Cucumber
Fresh Local Apple

25

BBQ Meatballs with Cheesy
Rice
Pasta Alfredo (VG)
Local Sweet Potatoes
Fresh Orange

26

Macaroni and Cheese with
Baked Beans (VG)
Turkey and Cheese Sandwich
Local Corn
Fresh Pineapple

29

Spaghetti and Meatballs (DF)
Spaghetti Marinara with
Parmesan (VG)
Salad Bar with Carrots,
Romaine, Broccoli and
Cucumber
Fresh Pear

30

Growing Healthy Schools Week!
September 29th- October 3

World School Milk Day
Sept 25th!!